

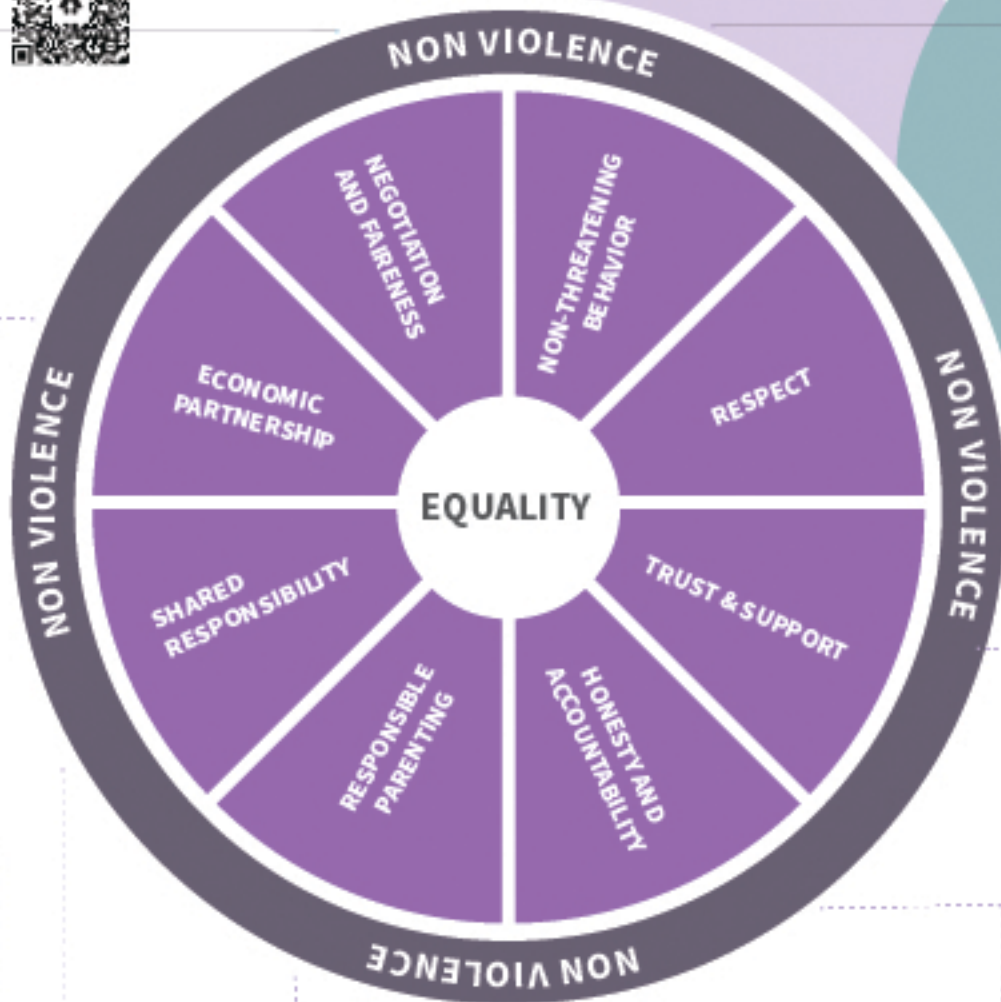


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HEALTHY RELATIONSHIP

Adapted from original wheel by Domestic Abuse Intervention Project: theduluthmodel.org



The Healthy Relationship Wheel provides aspects of what a healthy relationship would look like – one based on respect, trust, and nonviolence. For instance, instead of using coercion and threats, a partner would resolve conflicts or disagreements based on negotiation and fairness.

NON-THREATENING BEHAVIOR

Talking and acting so your partner feels safe and comfortable expressing themselves and doing things

RESPECT

Listening non-judgmentally · being emotionally affirming and understanding · valuing opinions or personal beliefs · respecting bodily autonomy and consent

TRUST AND SUPPORT

Supporting their goals in life · respecting their right to their own feelings, friends, activities, and opinions

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self · acknowledging past use of violence · admitting being wrong · communicating openly and truthfully

ECONOMIC PARTNERSHIP

Making money decisions together · making sure both partners benefit from financial arrangements

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict · accepting change · being willing to compromise

RESPONSIBLE PARENTING

Sharing parenting responsibilities · being a positive non-violent role model · making family planning decisions collaboratively

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work · making family decisions together